

# Prevention of Depression

Many experts think that it is not entirely easy to **prevent depression**, and others believe that one can avoid it. Depression can't be regulated as it is influenced by your genes, chemicals in your brain, or the environment around you. It can also occur when you have other life-risking diseases like cancer, diabetes, or other conditions.



## 1. Exercise regularly

Exercise can help you with the prevention of depression. When we exercise, a chemical is released called endorphins which can boost your mood. It also increases our temperature, which has a calming effect on the central nervous system. You can also join a gym, yoga classes, or any other classes to boost your immune system. You can switch to stairs rather than the lift or elevator. Keeping up with your fitness is one of the most effective ways to prevent depression.

## **1. Building strong relationships**

Researchers have seen that meeting or connecting with friends or family daily has always helped people prevent or recover from depression. An active social life is essential for our mental health. When our mind knows that we have someone we can rely on, then it feels good. New hobbies can help you meet new people and build new relationships too.

### **1. Don't get overwhelmed easily.**

When we get many choices to pick from then, it can be overwhelming for you. People who want to make the best possible option suffer from depression. You can reduce the choices you have to make, like selecting your outfit or preparing your meals.

### **1. Stay away from toxic people.**

Negative social interaction can always make us feel bad about ourselves. Negative social interaction includes bullying other people or people who put other people down to make themselves feel better or someone who wants to take advantage of you. No matter the situation, always stay away from people who make you feel bad about yourself.

### **1. Getting enough sleep**

Getting enough good-quality sleep is best for mental as well as physical health. People with insomnia are more at risk of getting depressed than any average person. You can get better sleep after meditating before bed and not looking at your phone before your bedtime. You can avoid caffeine in the evening.

Although **preventing depression** is hard. We can try to maintain a healthy lifestyle and provide comfort and emotional support!

